

A
T R E A T I S E
O F T H E
D I S T E M P E R S

Relating in Particular to the

Eastern Countries,

A N D

Such other DISEASES as commonly
happen in the VOYAGES into those
P A R T S, with their proper REMEDIES.

By M. C. D. D. E. M.

Translated from the *French.*

L O N D O N,

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OF THE
DISTEMPERS
Peculiar to the
Eastern-Countries,
AND THEIR
REMEDIES.

CHAP. I.

Of Vomiting.

Vomiting is the first inconveniency Travel-
lors are afflicted with at Sea, it is caused
partly by the motion of the Ship, partly by
the change of the Air.

Vomiting as common as it is, is sometimes not
without danger. I have seen some people of a ten-
der Constitution weakned by it to that degree, that
they

they were in no small danger of their Life, by the great loss of Spirits. Others I have seen, who for 3 or 4 Months together have not been able to stir out of their Beds.

To prevent in some measure the violent Vomiting at Sea, it is very convenient to take 2 or 3 proper Purges, a little before you go to Sea, especially if you have not lived very regularly before. When you are at Sea, you may mitigate the violence of it, if you keep your self quiet betwix Decks, for the first 4 or 5 days of your Voyage, but not to abstain from Eating and Drinking, tho' you should bring it up again immediately after; for, if you Vomit with a full Stomach, you don't strain so violently as you do when it is empty, when violent Vomitings cause often very dangerous Hemorrhagies.

It is of great moment, to feed at first upon nothing but what is of very easie Digestion and good nourishment, to drink but little Wine, and to abstain as much as possible can be from Brandy or Aqua vitæ, it having been found by Experience that strong Liquors are so far from fortifying the Stomach upon this occasion, that they are rather very hurtful.

CHAP. II.

Of the Scurvy, call'd by the French,
The Land-Evil,

THE Scurvy, call'd by the *French* Mariners, the Land Evil, is the most dangerous and troublesome of all those Distempers, which are incident to those that undertake great Voyages; it being not only contagious, but also scarce ever to be cur'd till you get ashoar.

The general Causes of this Distemper are, the Sea Air, the Salt Provision, both which cause great alterations in the Blood; Melancholy, occasioned by the tediousness, and other Inconveniencies of long Voyages; Thirst, the common Companion of those who are to pass into the Eastern-Parts, and that commonly at such a time when they stand most in need of Refreshment. And last of all, the Nastiness of the Mariners, who seldom keep themselves clean and neat.

*Causes of
the Scurvy
at Sea.*

For which reason it is, that the Officers, and others above the common Rank on board these Ships, are not so much subject to the Scurvy as the common Sea-men, because they are better provided with change of Linen, and feed upon such things as are of a better Digestion and Nourishment.

The first Symptoms of the Scurvy, appear most commonly in the Mouth and Gums, which swell, grow black, and emit a very ill Scent, so that you are obliged to make very deep Incisions, and sometimes to take away a considerable quantity of corrupted Flesh and Matter, which not only loosens

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*Its Sym-
ptoms and
Signs.*

the Teeth, but also often makes them fall out.

This Distemper discovers it self also frequently by certain black Spots, which appear upon the Arms, Legs and Thighs, and last of all over the whole Body; and it is to be observed, that, the broader these Spots are, and nearer the Heart, the more dangerous is the Distemper.

This Corruption of the Gums, and the breaking out into Blotches is commonly preceded, or immediately follow'd by a nauseousness in the Stomach, a Laziness by fainting and swooning Fits, pains in the Head, Arms and Legs, and a Looseness, but seldom by any Fever, I having often observed, that the Pulse commonly appears very little declining from its natural State and Motion.

The Blood being (for Reasons above-alledged) rendred thick and terrestrious, do's not circulate freely in the lesser Vessels, which are spread in the Gums, the extremities of our Bodies, and all over our Skin; so that its motion ceasing in those parts, they are depriv'd of their usual supply of Spirits; what wonder is it if the coagulated Blood go's into a Corruption, from whence proceed those Tumors and Blotches; And as the said Corruption is augmented in proportion, and communicated to other parts, the circulation of the Blood is by degrees also obstructed in the larger Vessels; from whence proceed those violent Symptoms, but especially those frequent Swoonings, which are commonly the fore-runners of Death.

*Precaution
against the
Scurvy.*

To prevent this *Evil* so destructive to Mariners, the Officers, to whose management the Ship is committed, ought, before their Embarquement to take effectual care that their Ships be Victuall'd with good and sound Provision, that the Biscuits be not mouldy, or the Victuals tainted, which is too frequently practis'd, to the great detriment of the whole Ships-Crew, when either the Captain dares not contradict those who have the Victualling of the Ship, or when out of covetousness

he

he shares with others the Profits arising by this Malversation.

When they are out at Sea, the Officers belonging to the Ship ought to be very careful to have her kept very neat and clean, to cause her to be well swept, and wash'd with Sea-Water every day, and to be sprinkl'd and sweetn'd two or three times a Week with good strong Vinegar, which purifies the Air, and renders it more subtil and thin.

Each particular Person on board the Ship ought, as far as is possible, provide himself with the Juice of Citrons, Limons, Ros solis, preserv'd and dry'd Fruits, but especially with good Store of Prunes; to abstain as much as can be, from all sorts of Meat, which are in the least tainted, from Salt-Flesh and Fish, unless they be well fresh'd out; to feed much upon Rice, Barley and Prunes, drink Wine mix'd with Water, and not to abstain from drinking if you be thirsty, unless it be in case of the highest necessity; to change frequently your Linen, and to wash often your Mouths and the whole Body, to cleanse it from all the Filth and ill Scents, which are engendred by the continual Sweats, and which hindring the insensible Transpiration, do not a little contribute towards the production of the Scurvy.

But if a body be already seiz'd with this pernicious Disease, which will soon appear by the swelling and blackness of the Gums, no time ought to be neglected to stop the progress of this Evil, which in a little time will spread all over the Body. If it be in a plethorick and vigorous Body, it will not be amiss to lett a little Blood, to facilitate the circulation of the *Blood*; but this ought not to be done in great quantity, for fear of impairing the Patient's Spirits, who in this Distemper stands in need of all his strength to support him against his Enemy.

*Remedies
against the
Scurvy.*

Some days after, you may make use of a gentle Purge, but above all, you ought frequently to apply Clysters, if you have conveniency to do it; but this is sometimes not to be put in practice, by reason of the scarcity of fresh Water on board of these Ships.

The next thing you have to do is to mix some good Vinegar, or Juice of Limons or Citrons with some Salt, wherewith you must carefully wash your Mouth, and rub your Gums till they bleed, which being nothing but the gross and terrestrious part of the Blood set'd in these parts, ought to be remov'd by these means.

If the Scurvy appears in its true colours, I mean by the black Blotches upon your Arms, Legs and Thighs, you must often wash them with warm Sea-Water, and rub them soundly till they smart again. If you catch any of your Sea-Hogs, be sure to bathe them well with their Blood, it having been found by experience that it has a specifick Quality against this Evil, at least to stop its progress, which is as much as can be expected to be done at Sea, it being impossible entirely to eradicate this Distemper, unless it be on shoar, where those who have been seiz'd with it at Sea, are commonly Cur'd, and recover their former Health in a little time, oftentimes without any other Remedies, unless they be brought so low, before they have the good fortune to reach the Land, as to want strength and spirits to overcome the frequent Swoonings, and other violent Symptoms, which are often occasioned by the change of the Air.

But if inspite of all the Remedies the Distemper increases, and the Heart begins to be infected by the malignant Vapours that are convey'd thither from the corrupted parts, you must have recourse to such Cordials as are commonly prescrib'd in those Cases, and of which there is always a sufficient provision made, for Ships that are to go upon such long Voyages. But above all things, take heed,

heed, as soon as the Scurvy appears, to abstain from any thing that is Salted, and if you have no fresh Meat and Fish, feed, as I said before, upon Rice and Barley, and I can assure you, that if you follow this Rule, by being thus careful in your Diet, and to drink only a little Wine mix'd with Water; this alone, I say, will stand you in more stead to hinder the further progress of this Evil, than all the Cordials are able to do, if you don't abstain from Salt Diet, and such other Victuals as are not easily digestible and of ill Nourishment.

It is of great help to those who are afflicted vwith this Distemper, to go on shoar in a hot Country, or in the Summer Season, but, if you happen to come to an Anchor in a cold Climate, you must take care not to expose them to the cold Air, but to keep them up close and very vvarm, Sweating being very beneficial, and much conducing to the Cure of this *Evil*, especially if back'd by a good Diet, such as are all sorts of Meats of a kind Digestion and good Nourishment.

It is very proper, when they are upon recovery to lett them Blood, to purge, and to bathe them in luke-warm Water; but above all, not to neglect to give them Clysters, which make up a great part of the Cure.

CHAP. III.

Of the Colicks of Madagascar.

*Their
Cause.*

SUCH of our Ships-Crew as were used to drink Wine, and could not meet with any in the Isle *Danphine*, used frequently to debauch themselves in Brandy and *Aqua vite*, which with the heat of the Climate, and the violent motion they used in travelling up and down the Isle, putting the bilious Humor into a ferment, prov'd the cause of these violent *Colicks*, which used frequently to seize upon those who were given to Drunkenness; whereas those who led a sober Life, scarce ever felt the effects of this *Evil*, or if they did, it was not with near so much violence as the rest.

Symptoms.

These *Colicks* are accompanied with very violent Symptoms; they are never without a Fever, you observe a great alteration in the Pulse, and the Patient is often troubled with a stoppage of the Urine. The tormenting Pains cause frequent Convulsions and Palsies in several parts of the Body, which continue sometimes after the *Colick* is pass'd.

Cure.

To cure this *Disease*, I always order'd them to be let Blood in the Foot; next to which, I used to have some *Anodine Clysters* apply'd, and often repeated, besides *Fomentations*, and bathing the inferior part of the Body up to the Navel with lukewarm Water. But above all, you must have recourse to the *Pills of Laudanum*, without which the Patients will have but little rest. For, it is to be observ'd, that the cholerick Humour being settled betwixt the *Tunicks* of the *Intestines*, you must be very careful of irritating them by strong Remedies; wherefore it is most advisable to abstain

stain from all sorts of Purges, even those that perfect their Operation very gently, I having been convinc'd by experience, that they cannot be made use of without danger, as long as the pain of the *Colick* continues.

The *Negro's* in those Parts, whose Bodies are accusom'd and inur'd to the heat of the Climate, and who consequently travel with less fatigue and trouble; and, who having no *Aqua vita* of their own, but only such as we used now and then to treat them withal, and consequently not being in a capacity to drink it to any excess, and that but seldom, were seldom afflicted with this *Distemper*, or if they sometimes were, the Cure was much easier with them than with the *Frenchmen*.

CHAP. IV.

Of the Venereal Distemper in the Isle Dauphine,

THIS Distemper is as common, and appears with the same Symptoms among the *Frenchmen* living in those Parts, as among the *Negro's*, they being equally given to Debauchery. The *Europeans* commonly make use of their own Chirurgeons, who cure them in the same manner, as is usual among us.

The *Negro's* are never so careful as to cure themselves, when they see the fore-runners of this *Evil* (which is needless to be named here) to appear, they never trouble themselves to be cur'd, till the whole mass of Blood being infect'd with the malignancy of the Distemper, its symptoms appear so terrible, that they think it no longer time to delay the Cure.

How the
N-gro's
cure the
French-
Pox.

Mercury and *Guaiacum* are unknown to them; if the *Distemper* have not taken too deep root, they only purge themselves, and sweat frequently. But if it be inveterate, they rake a broad red hot Iron, which they thus apply to the bottom of their Feet, which producing an Ulcer, they let it run for thirty or forty days, keeping an exact Diet, by which means they pretend to evacuate the malignant Humour. But as these people are extremely debauch'd, and consequently seldom without some Symptoms of this Distemper; it is hard to be judged whether they are perfectly cur'd by this cruel Remedy or not.

CHAP. V.

Of the Distempers of the Indies, and first of their Fevers.

Italian
Physicians.

Malignant Fevers are not frequent in the *Indies*, but the simple continual Fevers are much in vogue. Among the intermitting Fevers, the *Tertians* and double *Tertians* are the most common; and as their Cure is very difficult in those Parts, so they prove often mortal.

The *Pagan* Physicians, whom they call *Phisites*, are a sort of People without Learning or any Knowledge or insight into Anatomy. All their Skill is confin'd to a certain number of Receipts, which they have receiv'd by Tradition from their Ancestors; these they apply promiscuously, without making the least Alteration, as often as they meet with a Patient afflicted with the same Distemper, against which their Receipt was intended;

ed, without making the least reflection upon the different Age, Sex, Constitution, or Strength of their Patients. They are very timorous, and rather will let a Patient perish than run the hazard of a Remedy, which, as they believe, not being sufficiently approved by experience, appears doubtful to them, though they judge the Distemper to be mortal, or incurable without it.

Nevertheless it is observable, that by their long experience they have made such Observations concerning certain Distempers peculiar to those Countries, that they practise with better success than the most learned foreign Physicians, who upon certain occasions must follow their footsteps, if they expect to succeed in their Cures in this Climate.

They never allow their Patients afflicted with any kind of Fever in the *Indies*, neither Meat, neither Eggs or Broath, this would be as much as the Patient's life is worth, if they should give them any of these things. They allow them no other Drink but fair Water, and for the rest for their sustenance, they give them a *Cange*, which is made in the following manner.

They beat about half a Pound of Rice in two or three quarts of Water, which they boil so long, till the Rice be well broken, which is commonly done in an hours time. Then they strain it thro' a Linen-Cloth, and squeeze it well to draw out all the goodness from the Rice; of this they give a Spoonful at a time, four or five times a day to the Patient, making it always warm, and putting a little Salt into it, to make it the more savory. I shall have occasion to tell you anon, upon what occasion they put Pepper into this *Cange*.

This *Cange* besides that it nourishes well, serves also to quench the Thirst; I must confess I prefer this much before our Jelly-Broaths, it coming much nearer to the Diets prescribed us by the ancient Physicians in these cases, than what is used

now

*The Cange
of the In-
dians.*

now a-days in *France*, rather by the connivance than the approbation of the Physicians.

For, is it not very strange to see a sick body to take more Nourishment, whilst he is sick, than perhaps he used to do when he was in Health? It being beyond all question, that Jelly-broath taken perhaps seven or eight times a day, and new-laid Eggs, which we give our Patients, contain more Nourishment, and produce a greater quantity of pure Chyle than a moderate quantity of Bread and Meat, which is the ordinary Food of People, when they are in good Health.

Besides this, the *Cange* has also this Excellency, that it causes no aversion in the Patient, which is the general Inconveniency in these strong Broths, which being taken with so much Repugnancy, can scarce be supposed to produce any good effect.

If it be a continual Fever, they allow them nothing else but *Cange*; but if it be a *Tertian Ague*, they allow them betwixt the Fits, to eat a little Bread and Sweet-Meats; But no kind of Mear or Eggs, unless it be after the Ague has entirely left them, and that there is no fear of a Relapse.

Letting of
Blood and
Cupping.

Letting of Blood is much used among the *Indians*, and that with good Success; the *Pandites*, being by long Experience, convinc'd of the usefulness of this Remedy, will sometimes let Blood twenty times one after another, without the least Reluctancy to be observ'd in the Patient, who never grumble here at what their Physicians do, but are exactly observant to their Orders, much beyond what is practis'd in most Parts of *Europe*, where the Patients, their Friends, and the Nurses propose their own Remedies, before the Physician's Prescriptions.

They let blood mst commonly in the Foot with extraordinary good Success; and I have made this Observation, not only in the *Indies*, but also in all other places which I have visited in my Travels, as well as in *France*, that there are few Distempers, where the letting of Blood in the Foot proves

proves not more successful than when done in the Arm.

The *Indians* prescribe Cupping and Leeches in those Distempers, where they don't think it proper to let blood.

Clysters are also much in use among them, they are composed of *Senna*, *Cassia* and *Tamarinds*, and so are their Purges, which have the same effect only by two different ways; they mix with them some Sirups of Simples, to wit: of Cichory, Roses, Limons and Maidenhair.

Chymical Preparations are unknown to the *Pandites*; they are surpris'd when they see us Foreigners to produce such Evacuations as we do, by the help of such small quantities of Physick.

The *Pandites* perceiving the Urine of the Patient that is afflicted with a Fever to be white, they judge it to proceed from a cold Cause, without having the least respect to the *Delirium* and other Symptoms, which are the ordinary signs of this Urine.

For which purpose they put Pepper in the *Cange*, which they apply to the Patient's Head, to warm the Brains, which, they say, are too cold; and for the same reason it is, that they will not let blood in such a case, before they find the Urine to be of a high Colour.

I have made it my particular Observation, that of all those that ever I saw, who were seiz'd with a *Delirium* before they were let blood, and whose Urines appear'd thus white in the beginning, very few escap'd with life, unless, by good fortune they happen'd to light into the hands of some *European* Physicians, who are better acquainted with the true cause of this Distemper and its Symptoms; of which, I cannot forbear to give you an instance.

I liv'd at *Daman* for several Months, where, inspite of all the *Pandites* there, who were very envious at me, I was employ'd as a Physician in all the best Families. I had some time before had
under

under my Cure the eldest Daughter of a certain Lady of the best Quality in that place, in which I had succeeded so well, that I receiv'd all the acknowledgment imaginable from her hands. Nevertheless, one of her younger Daughters being fall'n dangerously ill of a continual Fever with a *Delirium*; the Lady, upon the perswasion of a certain *Pandite*, who had been a Physician to the Family a great while, made use of his Prescriptions, without letting me know any thing of the matter; But finding her Child grow worse and worse, she sent to me, unknown to the *Pagan* Physician, desiring my advice concerning her Daughter. It was the ninth Day, when I was call'd to her, and finding her Urine of a whitish colour, and the Fever very high with a violent *Delirium*, I drew from thence far different Indications to what the *Pandite* had done; and having remonstrated to her Mother the danger of her Daughter, who was not above seven years of age, I order'd her to be let blood immediately. The *Indian* Physician hapning to come in the same moment, maintain'd in my presence, that the Fever proceeding from a cold Cause, the young Lady would infallibly die if she were let blood; but I laugh'd at the weakness of his Argument, and my Advice prevailing with the Childs Friends, she was let blood, and I took from her head the Pepper mixt with the *Cange*, of which there was near half a pound, very finely beaten upon the Childs head; I let her, in all, five or six times blood, after which the Fever left her, and I consummated the Cure by giving her 2 or 3 Purgations, contrary to the expectation of the *Pagan* Physician, who thought her death to have been infallible.

CHAP. VI.

Of the Distemper call'd, The Indians
Mordechi.

THE Distemper call'd by the *Indians*, *Mordechi*, is properly no more, than an Indigestion, very frequent among the *Indians*, whose Stomachs by reason of the violence of the Heats, and the continual Sweats, are very weak, and consequently apt to be surfeited; so that sometimes this Distemper, as slight as it appears at first sight, is very dangerous, and kills People in a few hours time, if they are not assisted with proper Remedies.

Excess in eating and drinking, especially of such things as are not of an easie Digestion, especially at Night is the ordinary Cause of this Distemper. Its signs are, sudden Heat, pains in the Head, want of rest, with a Fever, *Delirium*, Vomiting and Looseness; the Pulse is strong and uneven. the Urine sometimes red, sometimes white, but always clear; These signs are not always apparent in one and the same Subject, but this Distemper being very acute, and making quick dispatch, it is not advisable to stay till all of them appear, but by some of them it is easie to guess at the rest.

The first and chief Remedy to be apply'd to those whom they imagine to be seiz'd with the *Mordechi* is, to burn their Feet; This they do with a red hot Iron of the thickness of a common Roasting-Spit, wherewith they touch the Feet
of

of the Patient cross the Ankles, in that part where it is most callous, and hold it close to the place, till the Patient begin to cry out, and signifie thereby that he begins to be sensible of the Pain, when it is taken away immediately; which done, they take a Slipper or some such thing, and give two or three good Stroaks upon the place, where the Iron has toucht, which prevents the rising of a Blister, without any further Application.

This manner of burning with an Iron, as terrible as it appears at first sight, does not any considerable to the place where it is apply'd; and I have seen some walk as freely immediately after, as if they had not been touch'd with any thing. It is certain that this Remedy stops the violence of the *Mordechi*, and oftentimes cures all its Symptoms in an instant; and if it happen that the Fever continue some time after, it never proves dangerous, and is easie to be cur'd by ordinary Remedies.

It is also in these Fevers, that the *Indians* put a bundance of Pepper in the *Cange*, which they give both inwardly to the Patients, and apply it outwardly to their Heads, as we have mention'd it before. And generally speaking, it is only by these means and burning under the Feet, they cure this Distemper, without letting Blood, which would infallibly prove mortal, if it were made use of in the beginning of this Distemper. Neither do they prescribe any Purgations (if there be occasion for any) till after the most violent Symptoms are ceased, and that there is no further appearance of a Fever.

I don't in the least question, but that abundance of People will look upon this Cure, which is perform'd by burning the Feet, as ridiculous, and not fit to be taken notice of, considering there seems to be so very slender a relation betwixt the Remedy and the Distemper, for which it is put in use. I cannot deny, but that at my first coming into the *Indies*, I was of the same opinion, till
being

being convinc'd of the truth of it by experience, I have since that time put it in practice as well upon my self, as a great many others, never without good success, when all other Remedies, which I had apply'd to some, in hopes to remove the cause of this Distemper have proved ineffectual.

CHAP. VII.

Of the Bloody-Flux.

Dysenteries of all kinds are contagious, not easie to be cur'd, dangerous, and very often mortal, not only in the *Indies*, but more frequently on Ship-board.

The *Indians* are no less subject to this Distemper than the *Europeans*; but the latter are not so easie to be cur'd as the first, by reason of their Debaucheries in Wine and *Aqua vita*, which is not so common among the Eastern Nations.

If the Dysentery has a Fever for its Companion (which indeed it is seldom without) the *Pandites* give to the Patients of their *Cange*, and some Rice very thick boil'd, but without Salt; this they mix with an equal quantity of curded sowre Milk, which they praise as the most sovereign Remedy in the Universe against this Distemper; But I must confess that I never saw it made use of, but it prov'd fatal; they let blood in this Distemper and repeat it frequently; But they don't make use of any Purgations, nay not so much as of any Anodyn Clysters, which they say, would encrease the Evil, but in lieu of them they make use of Astringents; which as they sometimes stop the *Flux*, without removing the Cause; so the Patients by the violence of the Torments, are put under

under most intolerable Inquietudes, resting neither day nor night; To obviate this, they give them *Opium* very plentifully, and that without the least Preparation, sometimes ten Grains for one Dose.

It can't be deny'd but that the *Indians*, being accustomed to the use of *Opium*, they can bear a much greater Quantity than the *Europeans*; nevertheless I can testify it, I know very few that have been cur'd by their *Opium*, as little as by their other Remedies they make use of in this case.

But if this method commonly proves pernicious to the *Indians*, it was certainly fatal to such *Europeans* as trusted themselves to the management of these *Pagan* Physicians; and I do protest to you, that I never saw any *European* who was afflicted with the Dysentery, but what died under their Hands.

I am apt to believe, that those who rightly understand the pernicious quality of *Opium*, will give credit to what I say; and it was Chiefly upon this account that I could never be prevail'd upon to follow the Method of these *Pagan* Physicians in this case; I was rather contented that they should call in those *Pandites*, and take their Remedies from their own hands, without my Approbation.

Thus it hapn'd to a certain religious Person, who during my stay on the Coast of *Malabar*, being taken dangerously ill of a Dysentery with a Fever, and finding that the Remedies which I had prescrib'd did not produce the desir'd effect, he asked my consent to call in a *Pandite*, which being done accordingly, he prescribed the good Father five or six Doses of *Opium*, mixt with Oil and *Jagre*, or *Suchar* of the *Coco's*, by which means he sent the Patient to the other World.

It was no small dissatisfaction to me, to find, that all the Remedies I apply'd in this case, did not answer the desir'd Effect, which rais'd in me an extraordinary desire, of finding out such a method, as might effectually answer my expectation.

I had observed among the *Portugueses*, that they prescribed only *Cange*, Rice, Bread, and Chaly-beat-water in the *Bloody-Flux*, and that, after some gentle Purgations, they made use of *Astringent Medicines*, entirely rejecting the use of the Curds and of *Opium* of the *Pandites*. This Method I must confess, as it appears more reasonable, so I thought it must be more secure than that used by the *Indians*.

But this not giving me all the Satisfaction I could wish for in this case, I got at last, by good fortune, acquainted with a certain Person, who having liv'd for many years together in the *Indies*, taught me a certain Preparation, which is as easily taken as prepared, by the help of which, and certain Rules to be observed in the management of the Diet, I have cur'd a great many Persons in the *Indies*, on Ship-board, and in *France*, after my return from the *Indies*.

It is not to be deny'd, but that the *Flux* may proceed from different Causes, and that therefore there ought to be a suitable Change to be observ'd, both in relation to the Remedy and Diet, but this being no difficult task for a Physician, who understands the true nature and cause of a Distemper; I am well assur'd, that, provided, the Patient be not too far gone, it never fails to cure any Dysentery of what nature soever.

CHAP. I,

Of the Distemper'd Persons, call'd by
the Portugeses, Esfalfados.

YOU meet frequently in the *Indies*, with a sort of sick People, call'd by the *Portugeses*, *Esfalfados*; they are such as have wasted all their natural Strength and Vigour, by the accesss of Debauchery with Women; which frequently happens in a Climate, whereby the continual Sweats, occasioned by the excessive heats, there is a constant Dissipation of our Spirits; which is evident in the *Indians*, whose Bodies being accustomed to the Climate, are seldom subject to this Distemper, tho' it must be also confess'd that they are much more moderate in this point than the *Portugeses*.

The cause of this Distemper is, what I have alledged just now; Its signs are, great Droughts, Heats, Inquietudes, a continual Fever, with a nauseous smell in the Stomach; The Pulse beats uneven, sometimes very high, and by and by so low as to be scarce discernable; Their Urine is red but clear.

This being a common Distemper in those parts, which if treated like other Fevers, would doubtless prove fatal. A Physician therefore when call'd to a Patient, ought to act with a great deal of circumspection, for fear of committing a mistake, not to be repair'd afterwards, by all his Skill; For which reason he ought very strictly to examine his Patient concerning his former course of Life, especially if it be a young body, who perhaps is unwilling to discover his Faults in the presence

sence of his Friends, or Parents. For this Fever, without duly pondering all the circumstances, may deceive the most expert Physician, I having known Examples of those that died of this Distemper, because they were but once let blood.

The chief Indication of the whole Cure consists in restoring the decayed strength and spirits of the Patient, which is best to be done by giving him Meats of an easie Digestion, and of good Nourishment; as good Jelly Broths, New-laid Eggs, and other Meats prepared with all sorts of good Gravies. Let them drink good Wine, mix'd less or more with Water, according as they were used to drink it, when they were in health; but let them by no means drink common Water or Barley Water, for fear that the abovementioned Diet should augment the Fever, it being so far from it, that it will certainly remove it.

CHAP. IX.

Of the Small-Pox.

IN the *Indies* they know no other Plague or Infectious Distemper besides the *Small-Pox*; they are as contagious there as in *Europe*, and tho' one might suppose them to be less dangerous in a Climate, where the Pores of our Bodies being always open, consequently facilitate the Expulsion of the venomous Matter, they make worse havoc here than in *Europe*, by the unskillfulness of the *Pandites*, who being ignorant of the true way of assisting Nature in her efforts by proper Remedies, let her be oppress'd by the weight of the Distemper.

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These Pagan Physicians used to be extremely scandaliz'd when they saw us let blood and order Clysters before the eruption of the *Small-Pox*; and tho' they found the success for the most part answerable to the intencion; for which they were put in practise, yet they could not overcome their own obstinacy so far as to follow our footsteps.

The *Malabars* use those infected with this Distemper more cruelly than any others of the Eastern-Nations. For they are not contented to let them lie alone without giving them the least attendance or any other manner of assistance, for fear of an infection; but they won't even endure them in their Houses, but expose them at a good distance from their dwelling-places, under some Tree or another. All the care they take of them, is to bring them every day some *Cange*, which they leave near them, without taking the least Care whether they take it or not; For they can't be perswaded to touch any body that is afflicted with the *Small-Pox*, for fear of catching them, till they are fully reitor'd to Health, which is the reason (as it is easie to be judged) that they prove so fatal among them.

CHAP. X.

Of the Bitings of the Adders.

AMong the several kinds of Adders, which are to be found in the *Indies*, some are of so pernicious a nature, that, whenever they infect any Person, he dies in an instant, without the least hope of relief. Of this kind are the green ones, of which I have spoke before, when I treated of the Coast of *Malabar*. The Poyson which issues from

from the rest, being not altogether of so quick an operation, give one sometimes leisure to obviate the Evil by proper Antidotes.

They make use in the *Indies*, of a certain Stone, which they say, is found in the Heads of some Adders, and for that reason is call'd by the *Portugeses*, *Pedra de Cobre*, or Adders Stone. This they apply to the place where the Adder has fixed her Poyson, where the Stone fastens it self, without any other help, and having suck'd in as much of the Poyson, as it is able to contain, it falls off; Then they put it in Milk, where having discharg'd the Poyson it had attracted before, it is apply'd afresh in the same manner, as before, till such time that it will not fasten no longer, which is an evident sign, that the Poyson is removed, and the Danger past.

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It is observable, that when this Stone is put in Milk to discharge the Poyson, the Milk appears as if Excrements had been put into it, and of several Colours. I have been frequently an eye-witness of the stupendious effects of this Stone; but the worst is, that it is a great Rarity to meet with a good one, there being abundance of Counterfeit ones, who have not the same Vertue.

If it therefore happen that any one be bitten by an Adder, and you have not any of these true Stone, at hand, the best way is to have that part where the Wound is, scarified, and by the help of Cups to draw as much Blood from thence as you can; afterwards apply to the place such Remedies, as have a peculiar Vertue to attract Poyson, from the Center of the Body to its Circumference. For which purpose it is convenient, to keep the Wound open for a considerable time, to use Juice of Citrons or Limons, in every thing you eat, drink Wine, and take inwardly the true Powder of Vipers, provided it may be had undiluterated. These are, in my Opinion, the most proper Antidotes to be made use of, upon such an occasion.

The Poyson of these pernicious Creatures being so volatile, and of so subtil a nature, as to be soon conveyed to the Heart, many times before it is possible to apply proper Antidotes, a great many die miserably for want of present Conveyency to obviate the Evil, before it siezes their Vitals.

It is upon this score, that we have seen some of the *Indians*, who were sensible of their present danger on such an occasion, cut off themselves immediately that Member which they knew to be infected by the Poyson. Of this I remember an instance in a certain *Naber*, during my stay at *Tilcery*.

This Gentleman being a little overcome by the *Tary* or Palm-tree Wine, found one of these small green Adders, (the most pernicious kind of all) which he took by the Tail, and play'd with her so long, till she found means to bite him in the Finger. The *Naber*, notwithstanding he was in drink, being sensible of the present danger of loosing his Life, kill'd the Adder, and in an instant cut off his Finger.

CHAP. IV.

Of the Distemper, call'd by the Portuguese, Bicho.

THE Word *Bicho*, signifies in the *Portuguese* Language as much as an Earth-worm, or a small Creature; besides which the *Portuguese* use it for three several sorts of Distempers, peculiar to the Inhabitants of the Coast of *Brasil*.

The first is occasioned by a certain kind of a Worm, long and pretty thick, which being engendred in the Legs, causes most cruel Pains, after-

terwards very lordid Ulcers, and last of all, an incurable Gangrene, if you don't prevent it in time; by opening the Skin where it lies, from whence you may draw out the Worm by winding of it gradually round a large Needle or small Sticks, but very gently, for fear of tearing the Worm in pieces, in which case you must make a large Incision, to take out the remaining part; The Worm being remov'd, you may apply common Detergents to the Ulcer, and afterwards Cicatrise it, after the ordinary way.

The *Bicho* of the second kind is a Worm, but so small, as it is impossible to be seen by the most clear-sighted. They are in great quantities in ruined Houses, as well as new Buildings, and among Excrements and Dust.

They enter insensibly thro' the Pores of the Skin, especially in the Feet, insinuate themselves betwixt the Flesh and Skin, and will sometimes settle under the Nails. The *Negro's* and *Brasilians*, who go bare-footed, are often troubled with them, and the *Europeans*, tho' they commonly wear Shoo's and Stockins, are not always free from this Mischance. These small Worms, don't cause any immediate Pain; on the contrary, it is a great while before you are sensible of them, unless you carefully look upon your feet every day. But they soon increase in your Skin, and in fourteen or fifteen days time, grow as big as a Pea, and do easily discover themselves by their black Colour. The safest way is, to take them out as soon as you are sensible of them; for the longer they remain in the Skin, the more difficult they are to be taken out; and, if they are there long enough, they will cause a Corruption, which produces such malignant Ulcers, that I have seen oftentimes *Negro's*, to have the Flesh of their Feet corrupted in so miserable a manner, that the bare Bones appear'd.

It is next to an impossibility to avoid catching of these Worms: The only way is to take care not to

let them settle long in the Skin ; for if they be taken in time, they are not attended with any considerable ill consequences. If they have caused any Corruption or Ulcers, they may be cur'd after the common way, after you have taken out the Worms, or have kill'd them with Tobacco-powder. Besides this, the *Portugese*, living on the Coast of *Brasil*, are pester'd with another Distemper, which they call *Bicho* ; This is an Inflammation in the Fundamental, which as it is very common, so it is no less dangerous in this Country ; Heat-aches and Burning-heats in the affected part, being the constant companions of these Inflammations, which are often not without a Fever ; and if neglected, produce in a few days time very malignant Ulcers, from whence this Distemper has gotten the name *Bicho*.

Such as keep these parts clean by washing them often with fair Water only, are less subject to this Evil, than such as do otherwise. As soon as you find your self seized by this Distemper, bath it oftentimes a day with a Decoction made of Limons, and mix with it a little Salt. You may also put with good success Slices of Limons within your Fundament, which often cures the Distemper without any more ado, if you take it in the beginning. But if it be already gone into a Corruption, they used to dilate some Gun-powder with a sufficient quantity of Rose or Plantain-Water, in which Liniment they dip some Linen-Rags, which they put in the Fundament, not neglecting to bath it before with the Decoction of Limons. Special care is to be taken, that if a Fever appear in this case, not to let blood, it having been found by Experience, that it has always prov'd prejudicial. It is much more safe to keep constant to Anodyne and Deterfive Clysters, according as the Corruption or Inflammation is more or less, and to conclude the whole Cure with a gentle Purge.

F I N I S.